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Understanding Substance Abuse
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Learning Plan 10 - Discuss Stimulants

I found *The [Meth Project](#)* website to be insightful and a stark warning against the harms of Meth. I'm always leery about the claims that certain drugs cause such and such a harm because of all the false propaganda put out by the government on marijuana, LSD, etc, that turned out to be not true. I, however, believe what they say about Meth is most likely to be true. I recently met a man who had been using Meth for some time. He was in his late 40s, but looked to be in his 80s. Many of his teeth were gone. The good thing was he had quit Meth for about a year and was making serious efforts to get his life back on track.

I'm also concerned about why people use Meth when they know the dangers. Is it because they're seriously depressed and are self-medicating? Possibly they don't even know the dangers of Meth. Depression seems the most likely reason. Our textbook gives a list of reasons why certain women use Meth that smacks of depression to me. On page 317, it says women who use Meth typically have:

- A history of chronic unemployment
- A live in partner who also uses drugs
- A history of physical and sexual abuse
- A history of suicide attempts
- Motivation to use methamphetamine for weight control
- Psychiatric drug-related problems

(Hanson, et al., 2015, p. 317)

Another possibility for using Meth is they've been forced to use stimulants like Ritalin by school officials and parents and became seriously addicted, and, as a result of this addiction, sought stronger stimulants in the form of Cocaine, amphetamine, and Meth. In *The War on Kids* documentary, Dr. Peter Breggin says we train our children to become psychiatric drug or street drug addicts when we give them Ritalin and similar substances.

The author of *Is Ritalin Raising Kids To Be Drug Addicts?* asks this question as well. In describing how students are abusing Ritalin she says:

Some even crush and snort Ritalin as a substitute for cocaine. Indeed, according to a 1995 Drug Enforcement Administration report, "methylphenidate [the key ingredient in Ritalin] is a central nervous system stimulant and shares many of the pharmacological effects of amphetamine, methamphetamine, and cocaine."

This article makes a persuasive case that children are being turned into stimulant addicts and that Ritalin and similar drugs are the gateway. Others have seen this to be the case as well. See, for example, *Ritalin Leads to Other Drugs*, website by Foundation for a Drug-Free World.¹

References

Hanson, Glen R., Peter J. Venturelli, Annette E. Fleckenstein. (2015) *Drugs And Society*. 12th ed. Jones & Bartlett Learning.

Lesson 5 - Pharmaceutical Drugs - From The War on Kids. *YouTube* video, 17:44, posted by "William7," Oct. 30, 2015. Available at <https://www.youtube.com/watch?v=HCkxNFk6sIY>.

Schlafly, Phyllis. *Is Ritalin Raising Kids To Be Drug Addicts?* *Eagle Forum*. June 21, 2000. Available at <http://www.eagleforum.org/column/2000/june00/00-06-21.html>.

Footnotes

1. RITALIN LEADS TO OTHER DRUGS, at <http://www.drugfreeworld.org/drugfacts/ritalin/leads-to-other-drugs.html>

